

## **ABSTRACT OF THE DISCLOSURE**

An exercise treadmill includes a base frame, a treadmill frame having a front side detachably connected to the base frame, a locking mechanism for locking the front side of the treadmill frame to the base frame, two wheeled crank arms pivoted to the treadmill frame, and a lifting mechanism. The lifting mechanism has a motor and a transmission unit coupled to the motor and the crank arms for lifting or lowering the front side of the treadmill frame after unlocking of the locking mechanism or for lifting or lowering a rear side of the treadmill frame after locking of the front side of the treadmill frame to the base frame by the locking mechanism.

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